



# LOVE AT FIRST CLICK

THANKS TO GROWING ACCEPTANCE OF ONLINE DATING, MORE AND MORE PEOPLE ARE FINDING TRUE LOVE

PAGES 4 & 5

Learn how modernizing OLG can benefit you. Visit [ModernOLG.ca](http://ModernOLG.ca)



**February Bonus**  
1 Ticket, 2 Great Prizes!

**1 THE NEXT JACKPOT**  
**\$3,000,000**

estimated

**2 \$100,000 A YEAR FOR LIFE**

See Rules for details.

LONDON

# metro

®

Tuesday, February 12, 2013



News worth sharing.

[metronews.ca](http://metronews.ca) | [twitter.com/themetrolondon](https://twitter.com/themetrolondon) | [facebook.com/themetrolondon](https://facebook.com/themetrolondon)

## Tax freeze still on ice

**Budget 2013.** Council ends Monday debate millions of dollars away from goal



ANGELA MULLINS

[angela.mullins@metronews.ca](mailto:angela.mullins@metronews.ca)

City politicians took a step on the road to a tax freeze on Monday — making a decision some say could put economic-development projects at risk.

Councillors ended their fifth budget debate with \$5.6 million — the equivalent of a 1.2 per cent tax increase — in cuts or new revenue needed to hold the status quo. The budget is slated for a final vote on Feb. 28. The last public-participation meeting is Wednesday.

The approved savings came in a 9-6 vote to put \$2.5 million from tax-roll growth toward re-

ducing a possible tax hike.

Councillors who opposed the move wanted the money placed in an economic-development reserve fund.

Putting the money into operations is “short-term thinking” that could create a “crunch” for future economic development, Coun. Nancy Branscombe said. “I want to leave us enough cash flow to make us nimble,” she said.

The move to steer money away from reserves was led by Coun. Joe Swan. It was a seemingly odd move, Coun. Joni Baechler pointed out, from the man at the helm of a committee that has spent months rolling out London’s 10-year road map for economic growth.

“I kind of feel like Alice (who has) fallen down the rabbit hole,” Baechler said, noting Swan’s support last year of a proposed one per cent tax to pay for economic development.

At that point, she said, the plan for growth hadn’t even been spelled out. “Now we have a plan, a lot more projects in the hopper ... and the same people are saying don’t fund the plan,” she said.

But Swan said the plan needs a lot more work before money is thrown at it. “We need at least the next six months to ask people to prepare their business cases to show which projects are the most advantageous to us, which will provide the most return on investment,” he said.

Tax rolls grew by \$6.8 million last year. Outside the \$2.5 million in this year’s operating budget, \$1.8 million will pay for services in expanding areas and \$2.5 million will go toward paying down debt.

### Other business

- Councillors approved adding \$1 million to this year’s budget for buying and rehabbing the former Normal School in Wortley Village.
- Spending \$1 million to open a neighbourhood centre at Lorne Avenue Public School will be set aside until 2014.
- The city audit committee announced it has come up with recommendations that could save \$18.2 million over the next five years. They will have no impact for 2013.



## HERE IT COMES...

Summer! Well, spring training first. Toronto Blue Jays pitcher R.A. Dickey goes through a light workout on Monday in Dunedin, Fla. Major League Baseball spring training camps open this week, and with that in mind, Metro checked in with former Blue Jay Devon White. White was in town for the Rogers Sports Celebrity Dinner and Auction in support of the Thames Valley Children’s Centre. See story on page 14. RICK MADONIK/TORSTAR NEWS SERVICE

# Ont.'s first female premier sworn in

**Cabinet unveiled.** Broten moved to intergovernmental affairs, backbencher to head education

Kathleen Wynne has been sworn in as premier of Ontario, becoming the province's first female leader and Canada's first openly gay premier.

Her new cabinet includes a number of her leadership rivals and 10 newcomers.

Leadership contender Charles Sousa is being sworn in as finance minister, while former backbench MPP Liz Sandals takes on the troubled education portfolio.

Bob Chiarelli is the new energy minister, while Deb



Premier Kathleen Wynne at her swearing-in ceremony at Queen's Park, Monday. THE CANADIAN PRESS

Matthews is deputy premier and continues to serve as health minister.

Other leadership rivals remain in cabinet.

Eric Hoskins becomes the minister of economic development, trade and employment

while Harinder Takhar remains government services minister.

Glen Murray, who dropped out of the race before the leadership convention to throw his support to Wynne, has been named transportation and infrastructure minister.

Wynne will also serve as agriculture minister.

The minority Liberals have a tough road ahead and a \$12-billion deficit to tackle. Wynne said in prepared remarks that those tasks are the reason her cabinet has 27 ministers, up from 22 in former premier Dalton McGuinty's cabinet.

"My cabinet is slightly larger than the last because of the serious work that must now be done, and because the issues faced by the people of Ontario require the appropriate resources and the dedicated focus of this new government," Wynne

## Budget

Wynne says she is confident she will put together a budget that will get the approval of opposition parties. She says there's a huge opportunity to find common ground with the NDP and PCs to avoid an early election.

said Monday.

The Liberals have been under fire for the politically-motivated cancellations of two gas plants, which will cost taxpayers at least \$230 million.

Public school teachers — their longtime allies — are furious that the Liberals imposed two-year contracts that cut benefits and froze most of their wages. THE CANADIAN PRESS

## Students. Agency connects athletes to recruiters

It's no secret students have been the victims of the ongoing dispute between Ontario teachers and the provincial government.

Case in point, winter sports were cancelled after teachers withdrew from extra-curricular activities during acrimonious labour talks with the province.

At a local level, the Prospect Bureau is helping elite athletes so their post-secondary careers may not be affected by the cancelled season. The athletic-marketing service is offering a free profile to 10 Grade 12 student athletes who believe they could get a post-secondary scholarship. The profiles act as a recruitment tool, a way to get noticed by universities and colleges in Canada and the U.S.

"We just want to be that conduit in the community," said Dan Krasnicki, director of operations for Prospect Bureau.

Each profile consists of a bio that details the athlete's physical attributes, some comments from coaches, a list of accomplishments and a video.

JOHN MATISZ/METRO

## Worth a try

Interested in applying? Graduating in June or have already graduated? Contact [info@prospectbureau.com](mailto:info@prospectbureau.com)



## I said: I ♥ you

Siona Stenhouse, 22, a fourth-year visual arts student at Western, shows off some of the Valentine's Day cards she and other students created, giving a personal touch to the loveliest of holidays. The cards were being sold Monday to raise money for the graduating students' final exhibition, I Know What I Said. Details on the exhibit, upcoming fundraisers and profiles of the artist are at [iknowwhatsaid2013.tumblr.com](http://iknowwhatsaid2013.tumblr.com). ANGELA MULLINS/METRO

## Drunk driving

### Man charged after accident

A London man has been charged with impaired driving after a single-vehicle accident Friday night in Southwest Middlesex.

The driver was arrested by OPP and transported to hospital for medical care.

Andrzej Gurgul, 56, was also charged with failing to provide a breath sample.

He is scheduled to appear in London court March 19.

METRO

## Highway 401

### Driver charged for going the wrong way

A 19-year-old Norfolk County man faces several charges after a pickup truck going the wrong way on the 401 collided head-on with another vehicle.

On Sunday at 6:17 a.m., OPP responded to a call about a pickup travelling the wrong way in the eastbound lanes of Highway 401 at Elgin Road Thames Centre. The truck was headed west when it struck a vehicle travelling east.

One man was treated and released at the scene, while a female passenger was transported to hospital with non-life threatening injuries sustained in the collision.

The pickup continued the wrong way until it was stopped by police just east of Veterans Memorial Parkway. The driver was arrested at the scene.

Michael Skuce has been charged with dangerous driving, impaired driving, having open liquor in a vehicle, and having a blood-alcohol content above zero as a novice driver.

METRO

## Northeast Park

### Update on unsolved murder set for Tuesday

City police have called a news conference Tuesday at 10 a.m. to provide an update on the murder of Jonathan Zak.

On May 31, Zak was found shot near a footpath that runs through Northeast Park near Boullee Street and Victoria Street.

He was pronounced dead in hospital.

London police have yet to make an arrest in the case. AM980/AM980.CA



# Papal end of days to be chaotic yet stable

## Benedict XVI to resign.

After breaking 600-year taboo, pope holds great sway over successor vote

Declaring that he lacks the strength to do his job, Pope Benedict XVI announced Monday he will resign Feb. 28 — becoming the first pontiff to step down in 600 years. His decision sets the stage for a mid-March conclave to elect a new leader for a Catholic Church in deep turmoil.

The 85-year-old pope dropped the bombshell in Latin during a meeting of Vatican cardinals, surprising even his closest collaborators even though he had made clear previously that he would step down if he became too infirm to carry on.

The move allows the Vatican to hold a conclave before Easter to elect a new pope, since the traditional nine days of mourning following the death of a pope don't have to be observed.

It will also allow Benedict to hold great sway over the choice of his successor, though he will not vote. He has already hand-picked the bulk of the College of Cardinals — who will elect the next pope — to guarantee his conservative legacy and ensure an orthodox future for the church.

Benedict in 2007 passed a decree requiring a two-thirds majority to elect a pope, changing the rules established by John Paul who had decided that the voting could shift to a simple majority after about 12 days of inconclusive voting. Benedict did so to prevent cardinals from merely holding out until the 12 days had passed to push through a candidate who only had only a slim majority.

The Vatican stressed that no specific medical condition prompted Benedict's deci-



In 2010, Benedict XVI said it was OK for a pontiff to resign for ill health, but not to escape scandal. GETTY IMAGES FILE

sion, that he remained fully lucid and took his decision independently.

When Benedict was elected in 2005 at age 78, he was the oldest pope chosen in nearly 300 years. At the time, he had already been planning to retire as the Vatican's chief orthodoxy watchdog to spend his final years writing in the "peace and quiet" of his native Bavaria.

Cardinal Andre Vingt-Trois, the archbishop of Paris, called Monday's decision a "liberating act for the future," saying popes from now on will no longer feel compelled to stay on until their death.

"One could say that in a certain manner, Pope Benedict XVI broke a taboo," he told reporters in Paris.

THE ASSOCIATED PRESS

## Western professor

### New pope, new path

When the next pope begins his term, he can go one of two directions, says one London expert.

Mark Yenson, a Western University assistant professor studying catholic theology, says Pope John Paul II put his "personal mark" on the job, while successor Pope Benedict XVI saw the office "a bit separately from personality."

The new leader of the billion-person religion has the ability to choose either path, Yenson said. Either

way, there is a public-relations mess waiting for him on the other side.

"That'll certainly be a challenge. The next pope will have to deal with it by being transparent and honest," he said, citing recent issues such as the molestation of children by priests.

Yenson also says electing a non-European leader would be beneficial for Catholicism.

"It would be a really ... positive move, to look toward a pope from the global south," Yenson said. "The religion is growing there; it's not in Europe."

JOHN MATISZ/METRO

## Crossroads

### Feds defend grant to anti-gay group

International Co-operation Minister Julian Fantino says money for foreign aid projects is handed out based on results, not religion.

Fantino defended a \$544,813 federal grant to Crossroads Christian Communications, a group that has called homosexuality a sin, Monday in the House.

New Democrat Helene Laverdiere claimed many groups struggle for funding, while "religious groups that promote their ideology have Conservative connections." THE CANADIAN PRESS



*J. Real Jewellers*

Specializing in Custom Jewellery Design

Show your sweetie how much you love her this Valentine's day with a beautiful customized piece of jewellery from J Real Jewellers



420 Talbot St (between Dundas St and Carling St)  
www.jrealjewellers.com | 519-432-0553

Repairs done on premises

IT IS COMING...



A TOTAL WHITEOUT  
AT SUBARU OF LONDON

2 DAYS ONLY!  
FRIDAY AND SATURDAY

If it's the colour of snow, it's got to go!

I drive a SUBARU.  
why don't you?



SUBARU  
OF LONDON

There are hits ... and there are misses

## A jacket named Fred, and other e-dating horror stories

While there are many success stories thanks to online dating, there are definitely some dates stemming from the Internet that don't turn out so well.



"This girl would barely speak to me on dates, but as soon as the date was over (sometimes even before I had made it back to my car) I would get text messages or emails about how well she thought things were going, and asking if I wanted to pursue a relationship with her."

Miguel D., 33

"I stopped talking to a guy that I was getting creepy vibes from and didn't want to pursue meeting."



After being at my parents' house over Christmas though, I found out he had been trying to add my mom to Facebook for a couple of months — but I never give out any information other than my first name."

Jenna B., 23



"After two days of texting, this 25-year-old asked me what I was doing, to which I replied: 'Not much, just got out of The Hobbit.' He replied: 'What is that?! Some weird sex position?'"

And now his number is blocked."

Steph D. 26



"Last year, the day before Valentine's Day, I met 'Fred.' We met at a downtown coffee shop. Jason walked in and he looked nothing like his profile picture."



Wearing jeans and a denim jacket, he took off his outer leather jacket and flopped it onto a neighbouring chair. When a passerby asked if she could use the chair, Jason grabbed his jacket and yelled 'Fred!' (what he named his jacket) 'Come back here and don't run away again!'"

Jason then spanked the poor coat and threw it over his shoulder.

I was too embarrassed to even look at the girl dragging the chair away."

Amy C., 23

COMPILED BY HEATHER MCINTYRE/METRO

ALL EMOTICONS ISTOCK IMAGES



Got an e-dating-gone-wrong story of your own?  
Email us at [readers@metronews.ca](mailto:readers@metronews.ca).

**Click! In the name love.** Edmonton-area couples have been meeting online for years. The difference now is more admit it, as growing numbers sign up in search of the same success



HEATHER MCINTYRE  
Metro in Edmonton

The first time was the charm for Heather Watson.

Her initial attempt at online dating through Plenty of Fish led somewhere she didn't think it would: Marriage, two kids and a third on the way.

After moving to Grande Prairie, Alta., from Edmonton, Watson signed up for online dating. A couple of months after registering, she met Nicholas in November 2008. He became her husband in July 2010.

"At the time I was very busy managing a female-clothing store," said Watson, now 26. "That didn't involve a lot of interaction with men, and I had heard that it was easier to meet men (online)."

According to Plenty of Fish, Watson is one of the lucky ones. The website states: "If you are in contact with 100 different singles, 50 per cent of the time your future partner is in the Top 10."

All in all, those aren't bad odds, said Edmonton personal relationship consultant Ryan Jakovljevic, of Evolve Per-

sonal Coaching and Counseling, noting that one in five couples today begin their relationship online.



The 25-year-old believes the growth in use of the partnership method has to do with a fear of rejection, and a draw towards being able to "sift through people and find somebody you think you're highly probable to like and enjoy being around without having to deal with a face-to-face awkward meeting."

Of course, those who have signed up to virtually meet others have done so for different reasons.

For 41-year-old Edmonton man Robin Taylor, who met wife Andrea, 40, nine years ago on Lavalife, it was due to where he was at in his life.

"I had come out of a long-term relationship and ... I was 32, so my previous dating experience prior to that was in my 20s. The world had changed and I wanted to change with it," he said.

For 25-year-old



Mixing technology and romance is no longer seen as taboo, as more and more popularity of e-dating. HEATHER MCINTYRE/METRO

Catherine Dowhaniuk, who signed up for Lavalife at the tender age of 16, it was in order to make new friends

and meet people. She didn't expect to meet Mark, now 32. The Spruce Grove couple married in 2010.

"I think it's a great way to meet people, especially if you're busy all the time," she said. "Whether you make friendships or actually find that person that you love, it's still a great experience altogether."

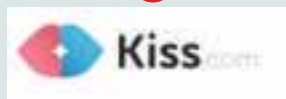
While they preach the success of online dating because they are proof it can work, those who met through the Internet nearly 10 years ago have a different outlook on the process of filling out a

- 1996: Sixteen online dating websites are listed on Yahoo!



## Yahoo! Rise of web-based hubs fuels possibilities for romance online

COMPILED BY  
LAURIE CALLSEN/METRO



- 1994: Kiss.com is launched. The site is still active and boasts 12 million users.



- 1998: The Meg Ryan and Tom Hanks rom-com You've Got Mail helps bring online dating to the mainstream.

- 2002: Friendster and MySpace are created, adding another realm where users can interact (and fall in love) online.



# N AN ONLINE SPACE



online success stories, like those of Robin and Andrea Taylor and Catherine and Mark Dowhaniuk, inset, fuel the

## Playing the odds

### 1 in 5

According to Edmonton personal relationship consultant Ryan Jakovljevic, one in five couples meet online nowadays.

whom she married in 2006, until signing up for Lavalife a second time in 2004.

"When I went back online the second time, the first guy I met, he was kind of a sleaze," said the 36-year-old Edmonton woman. "So when you meet somebody like that it's discouraging because you're thinking: 'His profile picture is nice, his pictures are nice, seems like a nice guy,' and then you meet him and all he wants is one thing.

"So it's discouraging, but ... you just have to keep at it." Criticisms of online dating are that the websites promote hooking up, social isolation, and easy options that could instigate wandering eyes.

Jakovljevic admits it doesn't always work.

"Dating is largely based on whether or not you feel that attraction, that sort of connection like maybe you have known this person for a long time even if you haven't. And we still don't know quite what on paper creates that — is it similarities? Is it differences? Is it experiences? And although we're getting closer, online dating still hasn't found a way to describe that."

But it is now a mainstream way to form relationships that will succeed and fail, perhaps on a similar level as the ones that start in the grocery store, at the coffee shop, through friends or in the bar, he added.

"I would say that more people succeed than not, put it that way."

## Exclusively online

For all our stories on online dating, including infographics, video and more, go to [metronews.ca/datingfeature](http://metronews.ca/datingfeature)



## HE HAD COFFEE, SHE HAD TEA

If you're searching for your soulmate online, the Bielendas' love match may give you hope

When Valerie Bielenda went on a date to a Second Cup in downtown Edmonton back in 2004, she took something most don't on dates.

"I had a friend go and sit so that he could watch me to make sure it was safe," she said with a laugh.

That was because she was meeting Mark, whom she had initiated conversation with through online dating website Lavalife.

There was no need to worry though, as the couple chatted until the coffee shop closed, then moved on to Denny's, where they continued talking.

The pair had started chatting online about a week before they had met.

Valerie, now 36, had been on the site before, and was trying it for a second time.

"Being older, 27, 28, it's harder to meet people because everybody in your age group is already married or paired up with somebody," she said.

Mark, now 38, said it was simply tough to meet girls at bars, and nothing transpired

with those met elsewhere.

The duo married on May 20, 2006, in front of 150 guests.

Many friends, mainly of Mark's, still don't know how they met.

"They don't know, so surprise!" laughed Valerie. "We just kind of never told them that we met online. I think, at the time, they would have bugged him a lot, but it is what it is. We're older now, we don't care."

"And it clearly worked out."

That — and it's more mainstream, added Mark.

"This is just another way of meeting your soulmate."

As the Bielendas, who still remember what one another was wearing, as well as what they had to drink on that first date, await adoption news, they do ponder what will be the next way people meet their partners.

"Twitter," said Valerie. "Isn't that how you meet people nowadays?"

HEATHER MCINTYRE/METRO

## Quoted

**"For the most part, you can try to match up with other people as best as you can, but of course it still doesn't guarantee when you meet that the chemistry will be there. But there's no harm in trying."**

Ryan Jakovljevic, Edmonton personal relationship consultant

questionnaire and chatting through email leading up to a first date now than they did when they were doing it.

Laura Frey met husband Jason on Lavalife in 2003. The Edmonton pair went on their first date on Valentine's Day in 2004, were married the

same day five years later, and now have two children.

"We didn't even tell people how we met," said Frey, 32. "If people asked me, I would totally avoid the question because I was embarrassed — whereas now I just tell people because it's

normal and everyone does it."

In fact, according to Lavalife, more than 1.7 million members exchange more than 700,000 messages every day. Plenty of Fish boasts more than seven million conversations daily.

That change in attitude, and the growing number of people signing up for the sites looking to find a match, prove there is less of a stigma about the idea in 2013 than there used to be.

But that doesn't mean it's easy.

Valerie Bielenda didn't meet her husband, Mark,

PHOTOS: SCREENGRAB/KISS.COM, WIKIMEDIA COMMONS/JUTTA234, SCREENGRAB/YOUTUBE, SCREENGRAB/MYSPACE, SCREENGRAB/FRIENDSTER, SCREENGRAB/FACEBOOK, SCREENGRAB/TWITTER



- **2004:** Facebook is created.



- **2006:** Social networking website Twitter is created.



- **2007:** Online Dating Magazine says more than 20 million people visit at least one online dating website a day.

- **2009:** An eHarmony survey finds that nearly five per cent of U.S. marriages are from matches made on the site.

## Part 2 of 3

**YESTERDAY**  
Is traditional dating dead?

**TODAY**  
The rise of the e-dating jungle

**TOMORROW**  
E-dating success: How to shine online

## N.Y.C. City-led campaign gets food producers to cut salt

Twenty-one companies have met targets in a New York City-led effort to get restaurants and food manufacturers nationwide to lighten up on salt, Mayor Michael Bloomberg said Monday.

The improved products range from Butterball cold cuts to Heinz ketchup to some Starbucks breakfast sandwiches, according to Bloomberg.

The salt campaign — one in a series of novel but controversial healthy-eating initiatives on Bloomberg's 11-year tenure — takes aim at foods ranging from hot dogs to soup to popcorn.

Noting that Americans eat about twice as much salt as they should and citing its link to high blood pressure and resulting diseases, the city set voluntary guidelines in 2010

### Nutrition nanny?

- Mayor Michael Bloomberg has seized on improving New Yorkers' eating habits as a public health priority, leading charges that have banned trans fats from restaurant meals, forced chain eateries to post calorie counts on menus and limited the size of some sugary drinks.

for various restaurant and store-bought foods. The targets included cutting salt in breakfast cereals and flavoured snack chips by 40 per cent, and trimming 25 per cent of the salt in cold cuts, processed cheese and salsa. **THE ASSOCIATED PRESS**

### E. coli outbreak

## XL Foods review panel will cost up to \$3,500 a day

It will cost taxpayers up to \$3,500 a day, plus expenses, for a three-member panel to review the E. coli outbreak at an Alberta meat plant

last fall. The federal government last week launched a review of the outbreak of the potentially deadly bacteria at the XL Foods Inc. plant in Brooks, Alta.

A cabinet order dated Feb. 5 shows Ronald Lewis, B.C.'s former chief veterinary officer, will be paid up to \$1,300 a day to chair the panel. **THE CANADIAN PRESS**

# Who's hiding the horsemeat? EU regulators aim to find out



These Findus Beef Moussaka packs were removed from shelves in a shop in Ville d'Avray, outside Paris, on Monday, after horsemeat was discovered in some frozen meals. A complex web of trading between wholesalers in Europe is making it difficult for officials to figure out exactly who is passing off horsemeat as beef. **CHRISTOPHE ENA/THE ASSOCIATED PRESS**

**Bogus beef.** As equine flesh turns up in frozen dinners, officials realize supply-chain fraud may be quite widespread

A maze of trading between meat wholesalers has made it increasingly difficult to trace the origins of food — enabling horsemeat disguised as beef to be sold in frozen meals across Europe. France's agricultural minister said Monday that regulators must find a way "out of the fog."

The European horsemeat scandal — where the cheaper meat was substituted for beef in everything from burgers to frozen lasagna — is growing, involving more countries, companies and more finger-pointing by the day.

France says Romanian butchers, and Dutch and Cypriot traders were part of a supply chain that resulted in horsemeat being labelled as beef before it was included in frozen dinners including lasagna, moussaka and a similar French

### Quoted

**"There are people who are out there to defraud, who are looking to cheat."**

France's agriculture minister Stéphane Le Foll, speaking to RTL radio.

dish called hachis parmentier.

Swedish officials were meeting Monday with executives from the biggest supermarket chains to get an overview of how widespread the fraud is, while in Paris top French government officials and meat producers were gathering to get a handle on the crisis, which has snared a French food processing company.

Agriculture Minister Stéphane Le Foll said the results of the French investigation into the horsemeat fraud would be released Wednesday.

No one has reported health risks from the mislabelled meat, which came from a complex supply chain. But clearly some company in the food chain benefited from selling the much cheaper horsemeat as beef. **THE ASSOCIATED PRESS**

## Become a MEDICAL OFFICE ADMINISTRATOR

- Morning and afternoon classes available
- Career services assistance available to graduates
- Financial assistance may be available for those who qualify

Call Now for More Information!

1-866-868-8363

www.ExploreEverest.ca

**Everest COLLEGE**  
BUSINESS • TECHNOLOGY • HEALTH CARE

LONDON

16 Convenient Locations in Ontario  
Everest College is the largest private career college in Ontario with more than 9,000 enrolments annually.

Financial assistance may be available for those who qualify.

## Blackfriars Salon & Spa

4 Valentine Packages for you to pamper your loved one with!

*Sweet Temptations*  
Moroccan Oil  
Spa Manicure and Pedicure

**\$129**

*50 Shades*  
3 Brazilian Wax

**\$119**

*Exotic Couples*  
Two 30 Minute Massages  
Two Spa Pedicures

**\$224**

*PS. I Love you!*

Moroccan Oil Body Scrub  
Dr Renaud 30 Minute Facial Treatment  
30 Minute Massage

**\$196**

All prices are plus tax and no promotional discounts or coupons can be used to pay.

**Blackfriars Salon & Spa**  
Voted London's Salon of the year  
**OPEN 7 Days a week**  
182 Wharncliffe Rd. N. – 519.672.5858  
666 Wonderland Rd. – 519.473.4731  
200 Collip Circle (Windermere Manor) – 226.781.0865  
Like us on Facebook  
**www.blackfriarssalonandspa.com**

### Air travel

## WestJet to launch Encore regional service in B.C.

WestJet Airlines is boosting its base in Western Canada by launching its new Encore regional service in June to British Columbia's energy region using the airline's first Bombardier turboprops. The airline will begin with daily flights between Fort St. John, B.C. and Vancouver, and Fort St. John and Calgary.

WestJet says lower-cost Encore will reduce fares by up to 50 per cent. After increasing its regional service in the West, WestJet plans to introduce Encore to Eastern Canada in about nine to 12 months. **THE CANADIAN PRESS**

### Market Minute

**DOLLAR**  
99.57¢ (-0.16¢)

**TSX**  
12,748.15 (-53.08)

**OIL**  
\$97.03 US (+\$1.31)

**GOLD**  
\$1,649.10 US (-\$17.80)

**Natural gas:** \$3.29 (+2¢)  
**Dow Jones:** 13,971.24 (-21.73)



# GO LOVE YOURSELF



**SHE SAYS...**  
Jessica Napier  
metronews.ca

OK everyone: we need to re-surface from underneath the piles of candied sweethearts and overpriced floral bouquets and take a second to breathe.

Valentine's Day can be a lovely opportunity to express affection for others, but I'd like you to forget about that for a moment and turn inward to focus on another important kind of love: self love. No, not the home-alone-with-your-laptop-and-a-box-of-tissues kind of self love, but the happiness that comes from being truly confident with who you are.

Cliché as it might sound, you can't be happy with a partner unless you're happy with yourself. Making a conscious decision to love yourself — and that includes embracing all of the so-called flaws that make you you — is a prerequisite to accomplishing your life goals and being content both in and out of romantic relationships.

## I don't need your opinion

Sometimes the hardest part about loving yourself is learning how to block out the cynics and manage your own inner monologue of self-doubt.

But is having an inflated self-esteem really such a bad thing?

My own piano-lesson-funding parents constantly reassured me that I could be or do anything I wanted and today, aside from momentary bouts of economy-induced insecurity, I believe them. I have an embarrassing number of 'selfies' on my iPhone camera roll because sometimes I think my hair looks really good.

I have wonderful friends, a good job and I can be quite funny sometimes, so I'm told. I don't love myself unconditionally every moment of every day but overall, I think I'm pretty great.

Of course, I've read enough scathing reader comments online to know that there are countless individuals who would disagree with me on my self-evaluation of greatness, but that's OK.

Sometimes the hardest part about loving yourself is learning how to block out the cynics and manage your own inner monologue of self-doubt.

I'm not advocating a cultural shift toward egotistical self-interest, but I think we could all do a better job at feeling good about ourselves and showing it off.

Canadians have a habit of being apologetic and self-deprecating. It's arguably a lot easier — and often more comedic — to simply make fun of ourselves rather than display our confidence outwardly.

But we shouldn't undermine our own self-worth in the name of modesty and agreeableness.

# Skirting around winter blahs



THOMAS LOHNES/GETTY IMAGES

## Carnival festivities

### Umbrella men in skirts revel at fest

On a cold Monday, Germans are in a mood for dancing.

Revellers in Herstein take part in Springerzug, literally "jumping parade," a local Carnival tradition.

Rose Monday is the high point of the annual Carnival in the region between Mainz, Cologne and Düsseldorf, where since 1823 people celebrate free-spirited merrymaking before Lent. **METRO**

## Satire in float formation

### Political parody is central to Carnival

Floats with satirical portrayals of politicians are a traditional part of Carnival celebrations in Germany's Rhineland.

One float in Cologne this year depicts Chancellor Angela Merkel as a mother sow, with piglets wearing European flags suckling at her teats.

In Düsseldorf, Merkel was paraded through the streets with a Hitler-like moustache being drawn on by a Greek. **METRO**

## Carnival facts

- **Time.** Carnival week begins on the Thursday before Ash Wednesday and finishes on Ash Wednesday.
- **Origins.** In the early 19th century, fun-loving expression (using parody and mockery) was seen as an act of defiance against Prussian and French occupation. In derision against the orderliness of the Prussian soldiers, locals would don extravagant costumes

and carry wooden rifles with flowers protruding from the barrels.

- **Money-maker.** Almost \$2.7 billion US of revenue is generated by the carnival season in Germany, according to German Carnival Association.
- **Candy cache.** During Cologne's Shrove Monday (Rose Monday) procession, 330 tons of candy, 700,000 chocolate bars and 220,000 chocolate boxes are thrown into the crowds lining the streets.



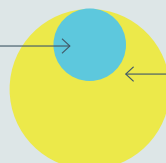
Looking for love this Valentine's Day? Look within. • ABH1/Flicker



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

A jet-sized asteroid will come so close to Earth this week that it will be between us and our weather satellites. Are you scared?

17%  
YES, THAT'S  
TOO CLOSE  
FOR  
COMFORT



83%  
NO, IF NASA  
SAYS DON'T  
WORRY, I  
DON'T  
WORRY

## Twitter

**@BexKst88:** Anyone know what the average price of gas in #Ldnont is today?

shine the old jams are playing in my apartment today #smokeand-drive

**@Sadie\_Liz:** My childhood idol is in the building today. I'd so love to bump into him. I'd been 9 all over again.

**@zacradford:** If I couldn't see where I am by GPS I'd be having a panic attack right now.

**@WayneWriteOn:** Would've been more hip if #Pope had resigned via Twitter.

**@McCheyner:** Are you sure it's +4C in #LdnOnt? I'm in my office w/ an extra sweater on!! I'm frozen. Brrrrrr

**@jessjeffrey23:** Sorry neighbours but; rise and

## DVD review



## Skyfall

Director. Sam Mendes

Stars. Daniel Craig, Javier Bardem, Naomie Harris

•••••

The 23rd official James Bond film seems as fresh as the first did 51 years ago. Daniel Craig's third stint as 007 finds him wounded and besieged, finally dealing with the calendar's cruel accounting.

Bond must fight a threat that is at once more understandable and more complex than in the past. Leering menace Silva (Javier Bardem) has a computer drive containing a list of NATO officials secretly embedded with terrorist organizations. He plans to expose five at a time, putting many lives at risk. Can Bond stop him?

An early chase scene in Istanbul, which thrillingly recalls the parkour start of Casino Royale, raises doubt — and suspense.

007 still scores with the ladies, who are no longer "Bond girls," but women. Dame Judi Dench is back as spy boss M, turning in a steely performance. Ralph Fiennes, Ben Wishaw and Albert Finney add their own star power.

Director Sam Mendes, a series newcomer, skillfully blends 007 tradition with innovation, making viewers fall for Bond all over again.

Extras includes commentaries and multiple featurettes.

PETER HOWELL



Wanda Sykes brings her brand of comedy to Niagara Falls this week. GETTY IMAGES

## Honeymoon with Wanda

### Coming to Canada.

Comedian shares her thoughts on Niagara Falls, champagne bathtubs and Jodie Foster



NED EHRBAR

Metro World News in Hollywood

Comedian Wanda Sykes brings her standup act to Niagara Falls this week, so we wanted to check in with her about old-fashioned tourist destinations and comparing American and Canadian audiences. She also has some notes for Jodie Foster following Foster's headline-grabbing Golden Globes speech

last month.

### Is there anything you do to modify your show for Canadian audiences?

Not really. You know, I might not do as much with American politics or something, but mainly it's about the same. I don't really switch it too much. Now my act is so much more about personal life and family and kids and stuff, so I think it's a little more relatable. Canadians like to be made fun of. It's kind of like they expect it, and if you don't make fun of them, then they're like, "Come on." Like they ask for it, it's so funny.

### When I think of Niagara Falls, I immediately think of old-fashioned, hokey honeymoons. What's your associa-

### tion with it?

I still think about the people going over it in a barrel. I guess that. But yeah, you think of the hokey honeymoon with the champagne bathtub and the heart-shaped waterbed and stuff like that. But I was told that I would not have any of that in my room. But I just did Leno, and he's played there, and he told me that you can see the Falls right from your room, and it's really fun and nice to look at for about 90 seconds, and then you have to pee. But that might be an old man thing. We'll see if I'll be peeing a lot.

### Did you just call Jay Leno an old man?

I will call Jay Leno an old man to his face. He knows that.

### If you go...

Sykes performs at the Falls-view Casino in Niagara Falls February 14th and 15th.

### You handled your coming out of the closet very gracefully. Did you happen to see Jodie Foster's speech at the Golden Globes?

I did. I was confused. I was really confused, because I was like, "Wait a minute, is she making a speech and taking up all this time really to say that she's not coming out?" I mean, then just don't come out. To me it was more confusing than what she was trying to do. It just didn't work for me, I should just say that.

## Naomi puts her best face forward

**Model search.** One of the world's original supermodels turns to TV to find the visage to represent ULTA Beauty

NED EHRBAR

Metro World News in Hollywood

Naomi Campbell is heading to TV, joining fellow models Coco Rocha and Karolina Kurkova along with photographer Nigel Barker with the Face, their search for the model who can best represent ULTA Beauty. It's

a daunting task, but the 42-year-old Campbell knows what she's looking for.

### Reality TV is the new model training ground

"There is no model handbook," Campbell says. "Coming from the '90s, we basically just had to learn as we went along and, of course, I would ask Iman or other models who were around me to show me how to do things. But I think things have changed and now I think a show like this is absolutely needed."

### She knows talent

"We're looking for someone

who catches your eye, is driven, passionate, can take direction," she says. "It's someone that, you know, walks into the room and takes your breath away. We are looking for a supermodel like ourselves that can be the new Naomi, the new Karolina, the new Coco."

### The girls better not take this opportunity for granted

"I was always told in the beginning the big end goal was you work, work, work, work and then you get this big contract at the end, like ULTA Beauty, which is in 500 stores across America," she

says. "This is a big deal for someone to win this contract. They instantly become a household name."

### It's time for her to give back

"I mean, I've been asked, like, for the last 12 years to do television," Campbell admits. "For me, what was attractive about (the Face was) just the whole thing about mentoring. I've been working for 26 years, and I felt like I do have something that I can share from the business of 26 years under my belt and giving it over to young, hopeful supermodels who want to be in our business today."



Naomi Campbell GETTY IMAGES





Taylor Swift ALL PHOTOS GETTY IMAGES

## Anger in English: Swift gives Grammys her best British Style

Taylor Swift used her opening slot at the Grammys this weekend to offer a not-so-subtle dig at ex-boyfriend Harry Styles. Before a rousing chorus of We are Never Ever Getting Back Together, Swift offered, "So he calls me

up and he's like, 'I still love you.'" copping a British accent in an obvious nod to the One Direction member. "And I'm like, 'I'm sorry, I'm busy opening up the Grammys. And we're never getting back together. Like, ever.'"

### Twitter



@ricky\_martin

The #Pope resigns? I didn't know that was even possible. Apparently, the last time a pope resigned was the year 1415 #IfYouRintrested



@SarahKSilverman

When I die my only wish will be to have a religion started based on me (like where I'm the star)& also my face on money



@DanaDelaney

Now that gays can marry, the Pope resigns. #met-someone



@ABFoundation

I will not let the weather defeat me...



## Chastain feels no disdain



Jessica Chastain

Jessica Chastain doesn't appreciate the rumours out there that she and fellow Oscar nominee Jennifer Lawrence are feuding.

"I find it very sad that media makes up bogus stories about women fighting in this industry," Chastain writes in a post to her Facebook page. "Why do we support the myth that women are competitive and cannot get along? I think all of the actresses recognized this year have given incredible performances. But more important, they've all shown themselves to be filled with generosity and kindness. I've done two photo shoots with Jennifer Lawrence over the years and have found her to be utterly charming and a great talent."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

## Get in on the Grammy gossip



THE  
WORD

Dorothy Robinson  
scene@metronews.ca

Sunday night was so big we're still talking about it Tuesday (sorry, Pope).

The drama surrounds Chris Brown, of course, because it always does. Brown, who already rubbed most people the wrong way after he refused to give a standing ovation to Frank Ocean when he won over Brown for best urban contemporary album, partied hard at a Hollywood nightclub with Rihanna. TMZ was there to snap pictures of the two of them smoking what appears to be a joint (shocking!) and leaving the club around three in the



morning.

The ratings for the 2013 Grammy Awards were big, but not big enough to top 2012's numbers. Why? No dead pop icon. Last year's record audience was be-

cause the awards show was held the day after Whitney Houston's death. But still, this year's music-filled awards show delivered 28.37 million viewers.

Missing from Sunday night's party? Justin Bieber, who sat out the Grammys this year. Instead, the pop star decided instead to do a livestream web chat with fans during the awards ceremony, but technical difficulties scuttled those plans.

"Livestream is over capacity and not letting me in the room. Give me a second," Bieber tweeted, letting his frustration show. "Since nothing is working and I'm super-upset, I feel I gotta make it up to you. I should post a new song on Twitter so you can still be excited."

Bieber had decided to forgo the awards show after not receiving a single nomination.

## CONNECT TO YOUR FUTURE EMPLOYMENT ONTARIO JOB FAIR

4 HOURS 50+ EMPLOYERS FREE

WEDNESDAY FEBRUARY 13  
9:00AM to 1:00PM

WESTERN FAIR CAROUSEL ROOM  
BRING YOUR RESUME AND DRESS FOR SUCCESS

Your job is out there. We'll help you find it.

Questions/Inquiries? 519 850 9000 x2275

### CAREER TRAINING

## Pursue Career Training as a Personal Support Worker

Graduate in 7 months  
and pursue a career at:

- Long-term care facilities
- Home health care agencies
- Retirement homes/  
residences



www.EverestToday.ca

Call Now for  
More Information!

1-866-777-7844

LONDON  
(Citi Plaza, 2nd  
Floor, corner of  
Wellington & York)

16 CONVENIENT LOCATIONS IN ONTARIO  
Everest College is the largest private career college in Ontario with more than 9,000 enrolments annually

Everest COLLEGE

BUSINESS • TECHNOLOGY • HEALTH CARE

Programs and schedules vary by campus • Morning and afternoon classes available

Career services assistance available to graduates

Financial assistance may be available for those who qualify

# Bipolar characters step out of the shadows, into the spotlight

## Times a changin'.

TV and movies offer complex characters that help both the ill and others identify

Bipolar used to be shorthand in a movie: a sign someone was possibly paranoid and probably dangerous. But in *Silver Linings Playbook* and *Homeland*, audiences have been introduced to characters who are far less stereotypical. They're main characters. They struggle with the disorder, without being defined by it, and they're definitely the good guys.

That's not coincidental — the writers of the movie and the show are trying to make their characters more realistic, borrowing from personal experience with people who have mental illness.

Claire Danes won an Emmy and a Golden Globe for her performance as Carrie Mathison in *Homeland*, and the show received a Voice Award from the U.S. Substance Abuse and Mental Health Services Administration for an episode in which Carrie is hospitalized.

"Carrie, as a character, and Claire as the actress portraying that character, has a very fine line to walk. She has to appear unbalanced and competent at the same time," says *Homeland* executive producer and co-creator Alex Gansa.

"The truth is that a lot of bipolar people are very high functioning and learn to mask and to recognize the symptoms when they're either horribly depressed or intensely manic and are able to self-monitor in those situations. Carrie is sometimes more adept at that than others."

*Homeland*'s writers and



*Silver Linings Playbook* has been nominated for eight Oscars, including best actor for Bradley Cooper's portrayal of Pat Solitano, the lead character in the movie who is dealing with mental health issues. HANDOUT

### Time to talk

- Today marks Bell Let's Talk Day, where the company will donate 5¢ to mental health initiatives across Canada for every text message sent, long distance call made, Tweet using #BellLetsTalk and Facebook share of its Bell Let's Talk image. [letstalk.bell.ca](http://letstalk.bell.ca).

Danes have looked to books, consultants and even YouTube videos for inspiration on how Carrie should act in certain situations. One of the show's producers, Meredith Stiehm, also draws from her sister's bipolar experience, Gansa says.

Pat Solitano, the main char-

acter in *Silver Linings Playbook*, is also drawn from real people struggling with mental illness, says Matthew Quick, the author of the eponymous book the movie was based on.

"I was trying to promote hope, I was trying to show that by taking the right steps, that life can get better. And I was definitely trying to promote tolerance for people like Pat," he says. "I think we need films (where) we can go and talk about these things, think about them. But we leave feeling not absolutely destroyed."

Robert Whitley, an assistant professor of psychiatry at McGill University who researches media coverage of mental illness, says that while he thinks "it does take a courageous director or writer or

producer to go behind the scenes and try and understand (bipolar) disorder and how it affects people," he has problems with Pat's character.

"It's an inaccurate portrayal of somebody with bipolar disorder," because Pat is violent and obsesses about contacting his wife when she has a restraining order against him, says Whitley. "These aren't characteristics of bipolar disorder."

(Quick disagrees that the violence is unrealistic, saying he dealt with "violent outbursts every single day" when working in the mental health field.)

"I wanted to show someone struggling with some pretty serious emotional and mental health issues, but I didn't

want to label Pat," Quick says. To create the character, he drew from his work with teenagers who have severe autism and people with brain trauma and his own experiences with depression and anxiety.

"I consider myself a member of the mental health community," Quick said. "I do slide back and forth into euphoric and depressed states, but I've never been diagnosed bipolar."

Gansa said he hopes a dramatized but realistic depiction of bipolar life is exactly what *Homeland* is trying to offer.

"It demystifies the illness and hopefully creates some compassion and sympathy for people who suffer from it."

TORSTAR NEWS SERVICE



## QuestChat™

NORTH AMERICA'S BUSIEST CHAT LINE

# 519.439.4444

Other Cities 1.888.482.8282

questchat.com

Dial #CHAT(844)250-78/week  
 Text "QUEST" to 96988 \$5/minute  
 Free trial not applicable to #CHAT

\$25/30min  
 1.800.677.4444

**FREE TRIAL**

DOWNLOAD FREE APP





# The dating food guide

Dr. Dawn Harper, a health expert on the award winning British TV show *Embarrassing Bodies*, talks us through what we should and shouldn't eat or drink before, during and after a hot date.

ROMINA MCGUINNESS  
romina.mcguinness@metro.ia

## BEFORE



**TAKE A PROBIOTIC** If you know that you suffer from gas, taking a probiotic (as a supplement or in your yogurt or cereal) will help with your digestion.



**BEAT THE BLOAT** Constipation causes bloating. Increase the fibre in your diet by eating more fruit and vegetables two to three days before the date.



**FILL UP ON H<sub>2</sub>O** Drink plenty of fluids. A dehydrated mouth is a smelly one.



**DON'T DRINK ON AN EMPTY STOMACH** But if you're going for dinner, you can't afford to be too full either. Have something small, like a cookie and a glass of milk, to line your stomach.

## DURING THE DATE



**SKIP THE SPAGHETTI** If I were going out to impress, I wouldn't order a pasta-based dish. I've yet to meet somebody who could eat spaghetti easily — it may dribble down your face. Choose something you know you can eat relatively elegantly.



**SKIP THE ESPRESSO** End the meal with a peppermint tea or a sweet. This will freshen your breath and help ease digestion.



**AVOID GASSY FOODS** Our body produces around two litres of bowel gas a day ... but you don't want to be burping or breaking wind when you're trying to have a romantic evening, do you? Foods such as beans, pulses, onions, cabbage, sprouts, cauliflower and artichokes increase production of gas. Avoid any awkwardness by removing these foods from your diet for a while.



**PACE YOURSELF** Eat slowly! It can take 20 minutes for the hormones secreted in your stomach to get the message through to the brain indicating that you're full. If you eat too fast, you may have overdone it by the time your brain goes, "Wait, slow down!" And then you'll be left with that horrible feeling that you've got a brick lodged in your stomach.



**WATCH YOUR MOUTH** Spicy or garlicky foods can cause bad breath. Be conscious of what your other half is eating and follow suit. Tip: if your dish comes with a parsley garnish, chew on that as it will help get rid of any nasty smells in your mouth.

## AFTER



**DON'T SAY WE DIDN'T WARN YOU...** If you were a complete pig at dinner, then you're probably going to want to lie down, hold your belly and groan. You won't be up for a night of passion.



**PRACTISE SAFE SEX ...** The nicest people can and do get sexually transmitted diseases. You might be out with Mr. or Ms. Wonderful — but genitals don't know that, and neither do the bugs that party down there. Make sure you use protection — if you're not crippled by stomach cramps from eating too much food, that is.

### Close encounters

### ...and other health issues that you might want to be aware of

**Teeth.** According to Harper, we should all be brushing our teeth twice a day and flossing at least once. Doing so will

remove the tiny particles lodged between the teeth, which can become a source of bad breath when broken down by bacteria. You can also use a tongue scraper.

**Food hygiene.** Avoid buffet style meals, warns Harper: "Food that's been out hanging around at room temperature for a long while is more likely to be contaminated."

**Body odor.** You sweat, you wash — makes sense, right? Ironically, that's actually the worst thing you could do. "Fresh sweat doesn't smell — pungent BO is the result of sweat being broken down by the bacteria on your skin," says Harper. "This is because the skin is slightly acidic, so when you use a normal perfumed soap, which is slightly alkaline, you're changing the

PH of the skin and creating an environment that's better for the bacteria to grow." Harper says that it's a "vicious cycle." "The bacteria have had a chance to replicate and proliferate and now there are more of them breaking the sweat down, making the smell worse. Use PH balanced soap to slow down the production of bacteria."

# A TOTAL WHITEOUT AT SUBARU OF LONDON



EVERY WHITE VEHICLE  
- NEW AND USED -  
**WINDSHIELD  
PRICED TO CLEAR!**

**2 DAYS ONLY!**  
FRIDAY AND SATURDAY  
**40 WHITE VEHICLES  
TO CHOOSE FROM**

**CASH INCENTIVES  
UP TO \$4,000**  
**LEASE AND FINANCE RATES  
STARTING AT 0.5%**

Can't make it to the dealership?  
Buy on-line at  
**subaruoflondon.com**

*I drive a SUBARU.  
why don't you?*



**SUBARU  
OF LONDON**

675 Wharncliffe Road South  
(519) 455-5985



to be eligible to win a prize!

## Be the good kind of gym rat: watch your etiquette

**My biggest pet peeve is rude and self-centred people at the gym. Is there such a thing as gym etiquette?**



**CHARLES THE BUTLER**  
askcharlesthebutler@metronews.ca  
For more, visit charlesmacpherson.com

Yes! There are some good etiquette rules for the gym.

Now that many of us are trying to be good this new year, it is important to be considerate of others while at the gym.

The gym can be a busy place, particularly at peak

times, so keep the following in mind.

1. Whenever you use a piece of equipment always remember to wipe it down after you have used it. Nobody wants to use a machine with your sweat on it.

2. Always try and keep your workout time to a maximum of 30 minutes per machine (perhaps less in

peak times). Some gyms have different rules, so follow them, but if nothing is posted, always think of the other people who are waiting and go do something else.

3. Be mindful of using your cellphone in the gym area. If you do get a call you should leave the gym to have your conversation to avoid your conversation from bothering others.

4. Put your equipment away after you have used it. Don't leave heavy weights on machines for others to deal with or your hand weights on the floor. This is just plain rude.

5. When working out at the gym, you should be clean and wear deodorant. There is nothing worse than smelling someone who is unclean and needs a shower.



"Hi, I'm bothering everybody else in this gym!" ISTOCK IMAGES

# Top 5 romantic places to be kissed

Oh, Valentine's Day. Next to New Year's Eve, it's the day many Canadians actually care about whether they have a special someone to lock lips with. While the key to fun tonsil hockey is being into the person you're doing it with, the right backdrop can take the experience from "that was fine" to "I saw fireworks!" So whether you've already been struck by cupid's arrow or are single and ready to mingle, here's the top 5 most romantic places in Canada to get kissed.

**MAE BOWRING**  
life@metronews.ca



## Whitehorse

Witnessing the magic of the Northern Lights, or Aurora Borealis, should be on the bucket list of all Canadians, and it's an especially romantic setting at this time of year. There isn't a better time to lean in for a kiss as waves of pink, green, blue and yellow dance across the night sky.



## Old Montreal

Between the cobble stone streets, fashion boutiques and cosy restaurants, it's hard not to feel like you've been transported to Europe when in Old Montreal. Use the cold weather as an excuse to get closer. Share some hot chocolate as you explore the city and maybe later, each other's lips.



## Victoria

Recently voted the most romantic city in Canada by Amazon.ca, this B.C. city has a picturesque inner harbour that could make any tourist wonder, "Why don't I live here?" Take a stroll along the waterfront and steal your kiss in front of the city's parliament building, which looks spectacular when lit up at night.



## Kingston

The dark horse on this list, Kingstonians know there's much more to their city than limestone and penitentiaries. A stroll through the shops on Princess Street is the perfect date activity. Tip: there are plenty of alcoves and quiet walkways to sneak into to enjoy a we're-about-to-get-caught kiss.



## Toronto

Sometimes it's hard to call Hogtown pretty, but from the top of the CN Tower on a clear night, the view can be downright breathtaking — and romantic. If your kiss atop the tower leaves a lasting impression, go back in the summer and relive the romance while doing the EdgeWalk. That's a souvenir photo you'll want to keep.

# How to love Valentine's Day ... on your own

## Valentine's Day.

It may be a yearly highlight for those with a significant other, but what if you are single... or recently back on the market? Metro asked writer Mae Bowring to find an alternative way to spend the holiday

**MAE BOWRING**  
life@metronews.ca

Surviving the holidays was hard enough dodging awkward questions about where my boyfriend was and having to quietly explain that we're no longer two peas in a pod.

So with Feb. 14 staring me

down and no beau in sight, I decided to get into the spirit of the so-called Hallmark holiday and treat myself to the perfect Valentine's Day getaway.

With one of my favourite single girlfriends in tow, we arrived in Oakville, Ont. to discover the top five things a singleton must do to celebrate their love — for themselves — on Valentine's Day.

## Get your glow on

Harsh winter winds make my face look more chapped and flaky than fresh and dewy, so my friend and I didn't hesitate to surrender our skin to the experts at Qi Tranquility Spa. Sticking with the Valentine's Day theme, they treated us to a strawberry and chocolate facial that was blissfully relaxing when I wasn't thinking about licking my own face. The spa's "it's not me, it's you" anti-Val-



Single on Valentine's Day? You can still have a nice relaxing day. ISTOCK IMAGES

entine's packages are specifically designed for the happily single.

## Feel great from the inside out

The last place you'll find a single woman the week before Valentine's Day is trying on a

sexy bra, but that's exactly why we stopped by Inside Story Fine Lingerie. With 85 per cent of women wearing the wrong bra size, it's smart to get measured regularly. We discovered that wearing lingerie is exhilarating and empowering, even if it's

just us who see it.

## Dress to impress

Impress yourself, that is. It's easy when you're single to live in sweatpants, but being alone is exactly why you should make the extra effort. When you look together, you feel better and walk just a little bit taller. I swung by Mendocino and bought a black leather vest that I can wear in the office or on the next girls' night out. Avalon Fine Jewellery had the necklace I'd been pining for and Lole's stylish sportswear attracted the runner in me.

## Roll out the red carpet

I've worn beautiful dresses to weddings before, but slipping into a ball gown brought out my inner Cinderella. Once the ladies at By Tocca, an all-occasion evening wear boutique, zipped me into a stunning ani-

mal print one-shoulder gown by Canadian designer Wayne Clark, I felt the urge to twirl. It reminded me of the importance of playing dress up every once in a while, no matter what your age.

## Eat in style

Just because you're dining for one doesn't mean you have to stay home and eat frozen pizza. This is the perfect opportunity to give in to your palate's desire. For lunch we sampled chef Thiru's crispy masala dosa and Indian cuisine at Suvai. Fresh oysters (an aphrodisiac) and a piping hot lamb soufflé was on the menu at nearby Jonathans for dinner, leaving us grateful that we arrived hungry, because we were going home stuffed.

**THE WRITER WAS A GUEST OF THE DOWNTOWN OAKVILLE BIA**



# When is a loan right for you?

YLVA  
VAN BUUREN  
For Metro

It's a common scenario at tax time — the accountant preparing your personal tax return calls to say that you owe money ... and you should buy RRSPs to reduce the tax bill. If extra funds are not available, should you rush out and get a loan?

"Unfortunately, most people make RRSP loan decisions on the spur of the moment," says Stephanie Holmes-Winton, CEO, The Money Finder, Halifax, and a member of Advocis, The Financial Advisors Association of Canada. "And it should really be a thought-out part of their financial plan."

Reducing your tax bill is one of the reasons why many people buy RRSPs — and that makes sense, says Anthony Williams, Canadian Institute of Financial Planning, vice-president of academic affairs. A lump sum RRSP loan will help reduce your gross income, which reduces the amount of taxes you owe.

At the same time, putting a lump sum amount in all at once allows your money to grow more over time, Williams said, because it's in there longer — compared to if you put in the same amount but made monthly contributions.

Another reason people take a large sum RRSP loan is because it may trigger a tax refund, but that can work against you, too, if you aren't careful.

Here are three scenarios where you might want to consider an RRSP loan:



A lump sum RRSP loan can help reduce your gross income, which reduces your taxes. COMSTOCK IMAGES/THINKSTOCK

## You aren't a disciplined money manager

"Borrowing money to get a tax refund and then spending that refund on 'whatever' is not recommended," Holmes-Winton said. "You end up paying the loan back with after-tax dollars plus interest."

It's better to apply the refund cheque to the RRSP loan and lower the principal. Some

banks structure RRSP loans so the first payment won't apply until after you get the tax refund.

## The new monthly payment will not be manageable

A loan means there is a debt obligation and you will have to have the cash flow to make the monthly payment. Some people have to supplement

their income, Holmes-Winton said, by using credit cards and lines of credit and they end up in worse shape.

## The loan costs more than you think

Sometimes there are payment free periods of time, but extra interest costs or administrative fees. Always read the fine print, and don't rush into anything.

# Contributions. Program allows you to upgrade your education

MICHELLE  
WILLIAMS  
For Metro

In recent years, the number of Canadians of all ages starting over in new careers has hit an all-time high. Maybe you have always wanted to explore new opportunities — or perhaps you have been caught in your company's downsizing and you need to establish yourself in a new vocation. The quandary is how to support yourself and your family while you retrain.

"A new government program is making education upgrading easier for Canadians," explains Serena Cheng, director of Wealth Management and investment adviser with Richardson GMP in Toronto. "The Lifelong Learning Plan allows you to use your RRSP contributions

to pay for training for you or your spouse."

The Lifelong Learning Plan (LLP) allows you to take out up to \$10,000 annually from your RRSPs to a total of \$20,000 in more than a four-year period for you or your spouse, but not for your children's education. The best part — you will continue to be sheltered from paying taxes on the withdrawal. You will have to repay your RRSP over a 10-year period; any funds not repaid after the 10-year deadline will count as income and be taxed.

To participate in the program, there are conditions to meet. While you can use the funds to pay any expenses, you must be registered full time (disabled individuals may be registered part time) in a qualifying program at an approved educational institu-



A program is making education upgrading easier. ISTOCKPHOTO/THINKSTOCK

tion. You must reside in Canada and complete your program before 71 years of age.

Participation in the LLP program is available as many times as you want over your lifetime, provided you pay

back your RRSP contribution before you apply for a new program. Typically, repayments must start in the fifth year after the first withdrawal to avoid tax penalties.

"This plan is a great incentive to get retrained if you are starting over in a new career, but you want to make sure you see yourself moving into the particular field you're training for before you decide to dissolve your assets," Cheng said. "It would be a shame to lose out on the deferred growth of your RRSP and discover part way through the program that this isn't the field for you."

For more information on the Lifelong Learning Plan and more ways to use RRSP contributions to train for a new career, contact a certified financial planner or your local financial institution.

RRSP  
Deadline  
March 1, 2013

# Shop. Bank. Invest.



Ask us<sup>†</sup> about  
Index Mutual Funds  
for your RRSPs.\*

Call 1-888-236-6358  
or visit an in-store  
pavilion today.

[pcfinancial.ca/invest](http://pcfinancial.ca/invest)

President's Choice  
FINANCIAL

\* Commissions, trailing commissions, management fees and expenses all may be associated with mutual fund investments. Please read the prospectus before investing. Mutual funds are not guaranteed, their values change frequently and past performance may not be repeated.  
© PC, President's Choice, PC Financial and President's Choice Financial are registered trademarks of Loblaw's Inc.  
† President's Choice Financial personal banking services are provided by the direct banking division of CIBC.

# Jays success no sure thing, White says

**Memories.** World Series champ on 2013 team: 'I don't think it's fair to those guys to compare them with us'



**JOHN MATISZ**  
john.matisz@metronews.ca

As far as legacies are concerned, Devon White is identified in baseball circles for his leading role in the infamous botched triple-play call in Game 3 of the 1992 World Series.

His leaping catch at the warning track is an iconic moment in Toronto Blue Jays history.

"When you think about it ... 20 years ... it seems like it went by very quick," said White, in London for the annual Rogers Sports Celebrity Dinner and Auction fundraiser Monday night.

White, a Jay from 1991 to 1995, is now 50 years old. He's more than a decade removed from his playing days, but still keeps up with the organization.

The Jays improved their

roster significantly over the winter, with hopes of rekindling the magic White and teammates brought to the city of Toronto back in the early '90s.

"There's a lot of comparisons that are being made right now," said White of the two-time World Series champs and the current squad. "It is different eras, different players. It's a lot faster team right now. We might have had more power."

Heading into spring training, all eyes are on the Jays as they try to become a force in the American League East Division for the first time in years.

"I don't think it's fair to those guys to compare them with us. On paper, they, I think, should win the division — hands down," White added. "But everybody has to stay healthy, and it's a big 'if.' Baseball is a big 'if.'"

With many key pieces locked up for a few years, White says there isn't tremendous pressure for the Jays to put it altogether overnight. He hopes management and players can learn from his experience.

"I don't know how we lost in '91," White said. "I think we got a little bit cocky, you might say."



Devon White, as a Toronto Blue Jay, swings at the ball during a game against the Oakland Athletics in Oakland, Calif. in September 1993.

OTTO GREULE / ALLSPORT/GETTY IMAGES FILE

## Olympics

### 1 sport on block for 2020 Games

IOC leaders are meeting this week to decide which sport to drop from the Olympic program and how to deal with the fallout from the Lance Armstrong doping scandal.

At a two-day IOC executive board meeting opening Tuesday, the IOC will also review preparations for the Winter Olympics in Sochi — less than a year away — and the 2016 Summer Games in Rio de Janeiro, and select a short list of finalists for the 2018 Youth Olympics.

Modern pentathlon, a tradition-steeped contest invented by the founder of the modern Olympics, is expected to face close scrutiny when the board considers which of the current 26 summer Olympic sports to remove from the program of the 2020 Games. Taking out one sport will make way for a new one to be added later this year.

THE ASSOCIATED PRESS

## NHL

### No punishment for Grabovski

The NHL will not suspend Toronto Maple Leafs forward Mikhail Grabovski for an alleged biting incident in Saturday's game against Montreal.

The league said there was no conclusive evidence that Grabovski bit Canadiens forward Max Pacioretty.

Pacioretty says he got a precautionary tetanus shot after the incident in Toronto's 6-0 victory. The forward emerged from the skirmish showing his arm to the officials and claiming that Grabovski bit him.

"It was an emotional game," Pacioretty said Monday. "It got out of hand. People were fired up."

THE CANADIAN PRESS



Former Western Mustangs football player Vaughn Martin, now a defensive end for the San Diego Chargers in the National Football League, signs an autograph for Heather Verdun, 27, of London, at the London Convention Centre on Monday. Martin was a guest at the 57th Annual Rogers Sports Celebrity Dinner and Auction in support of the Thames Valley Children's Centre. JOHN MATISZ/METRO

## Celeb dinner. Martin remains fond of London

San Diego Chargers defensive end Vaughn Martin doesn't live in London anymore, but you wouldn't know it.

"London's my life," said Martin, adding he tries to visit as much as possible.

The South Collegiate Institute and Western University alumnus was being involved with events like the Rogers Sports Celebrity Dinner proves

his career has "come full circle."

Martin just finished his fourth season in the National Football League. It's clear veteran savvy is beginning to grow within the 26-year-old.

"(Legendary coach) Norv Turner told me this, 'If it's a week, six months, a year — as long as you get better everyday, nothing will stay the same,'" Martin said. JOHN MATISZ/METRO

A Clinical Research Opportunity for People with GOUT FLARES

## My GOUT SYMPTOMS just won't go away.

**Qualify for a local research study and you may receive an investigational GOUT medication that's designed to work differently than most other drugs.**

**No-cost study-related care.  
Compensation for time and travel.**

**Call 866-785-2186  
or visit [www.GoutTrial.com](http://www.GoutTrial.com)**

## Sun rising on Jays' season

The Smashing Pumpkins' Tonight, Tonight blared from the press box Monday as Jose Bautista cracked balls from the batting cage at the Florida Auto Exchange Stadium.

The morning sun beat down on this slice of Florida while Bautista swung to Billy Corgan singing "Believe, believe in me, believe. That life can change, that you're not stuck in vain. We're not the same, we're different tonight."

Pitchers and catchers don't report until Tuesday but hopes are already sky high around the big-spending Blue Jays (73-89 last season, fourth in the AL East) in the wake of acquiring



Jose Bautista on Monday in Dunedin, Fla. THE CANADIAN PRESS

R.A. Dickey, Mark Buehrle, Josh Johnson, Jose Reyes, Melky Cabrera, Maicer Izturis and Emilio Bonifacio.

"We were, I think, hopelessly optimistic last year. But I think this year we expect to

win, that's the difference," said Brandon Morrow.

"This team is built to win and that's all I've ever wanted. Just to get a chance to win," added fellow pitcher Ricky Romero.

But then he sounded what could be a familiar note of caution this spring training.

"On paper, we're a great team ... (but) it doesn't matter what kind of team you have on paper, you've still got to go out there and play. If anything, the target's grown a little bit on us. Obviously teams are going to want to beat us and they're going to see what we're all about."

THE CANADIAN PRESS





## Horoscopes

### Aries

March 21 - April 20

Give yourself permission to dream. You may be a realist by nature but a little bit of fantasy is not a bad thing and could do wonders for your confidence. You may think of something you can use to your advantage.

### Taurus

April 21 - May 21

Everything seems to be moving in the right direction for you now but the downside is that certain people are resentful of your success and may try to blow you off course. Don't let it happen. Be ruthless if you must.

### Gemini

May 22 - June 21

Mercury, your ruler is on good terms with both Pluto and Saturn, so you will be thinking some pretty deep thoughts. Don't get too serious though. Yours is a sign that does best when things are kept as light-hearted as possible.

### Cancer

June 22 - July 23

You are appreciated by a great many people, probably more than you realize, and some of those people will go out of their way to show their gratitude towards you today. Enjoy your good fortune. You thoroughly deserve it.

### Leo

July 24 - Aug. 23

Changes on the work front will create new opportunities and if you are quick to react to them it won't be long before you are moving up in the world. Don't ever doubt that you are equal to the job — you're the best!

### Virgo

Aug. 24 - Sept. 23

Do you wish you were some place else than where you actually are? According to the planets, you are thinking about making some kind of move and it could be a big one. Don't just change the scenery, change your lifestyle too.

### Libra

Sept. 24 - Oct. 23

It's highly unlikely that you will get through the day without clashing with someone you believe is a threat to your security. You may in fact be entirely wrong, but it's better to be safe than sorry. Protect yourself.

### Scorpio

Oct. 24 - Nov. 22

Anyone who thinks they can get the better of you intellectually is living in cloud cuckoo land. Your sharp Scorpio mind will run circles around them today and they'll think twice before they take you on again.

### Sagittarius

Nov. 23 - Dec. 21

Stick to your timetable today — don't let anything distract you or let anyone lead you astray. You are on a very tight schedule at the moment and the slightest deviation could be disastrous. Make sure you're well organized.

### Capricorn

Dec. 22 - Jan. 20

There is a great deal of tension both at home and at work at the moment and the best way to get through it is to stay calm. Above all, watch what you say. You can be rather harsh in your comments sometimes.

### Aquarius

Jan. 21 - Feb. 19

You have a whole load of plans but not everyone in your social circle or at work seems to share your enthusiasm. But what of it? If you have to do it all yourself then you won't have to share the spoils!

### Pisces

Feb. 20 - March 20

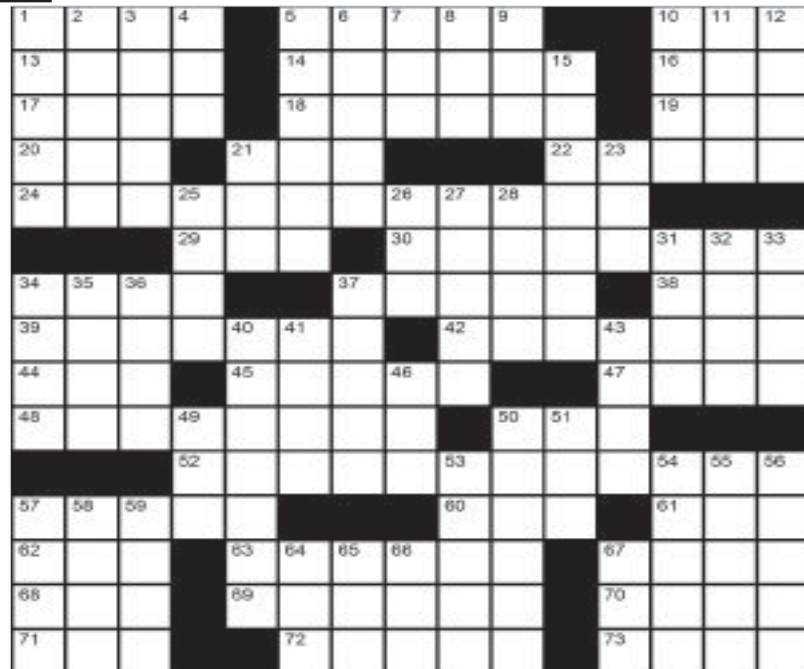
Mercury in your sign links with both Pluto and Saturn today, adding a sharp edge to your mind and an equally sharp edge to your tongue. Whatever it is you have to say, no one will fail to get the message.

SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

- Model search series, "The \_\_\_"
  - Canadian supermodel coach on #1-Across, Coco \_\_\_
  - Motorists org.
  - DC Comics supervillain, \_\_\_ Kadabra
  - Sir \_\_\_ Hillary (Everest mountaineer)
  - Median, mini-ly
  - 'Super', in slang
  - Go-\_\_\_
  - \_\_\_ Lanka
  - 'John Hancock', e.g.
  - Actor Mr. Tognazzi
  - Search engine
  - Canadian singer/songwriter sisters: 3 wds.
  - Untruth
  - Justin Bieber's 'Believe \_\_\_'
  - \_\_\_/\_\_\_ radio
  - Canadian pianist Mr. Gould
  - Grey Cup org.
  - Chocolate/caramel/nougat treat: 2 wds.
  - Instant coffee brand
  - "...man \_\_\_ mouse?"
  - "The Simpsons" convenience store, Kwik-\_\_\_
  - 'Pseud' suffix
  - Fruit sugar
  - Singer Janis
  - 2001 Kevin Spacey movie set in Newfoundland, "The \_\_\_"
  - Guitarist, Lenny \_\_\_
  - Pre-A.D. time alternative
  - Rap star, Tone-\_\_\_
  - Purpose
  - Yellow-bordered mag since 1888: 2 wds.
  - Morning talk's Kelly
  - Philosophy
  - Queen Elizabeth's youngest son
  - Russian ruler, variantly
  - PBS funding org.
  - \_\_\_-face (Reversal)
  - Actor Mr. Donovan
- ### Down
- 1859 Charles Gounod opera

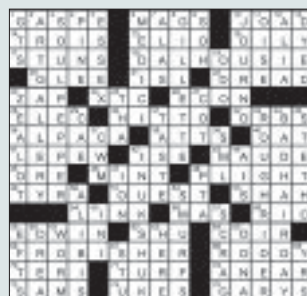


- Aussie actress Ms. Cornish
- Allison Janney's "The West Wing" role, C.J. \_\_\_
- Head hearer
- Music style
- Ancient theatre
- "Pick a Puppy" channel
- Gilligan's dwelling
- 'Prop' suffix (Fuel)
- Money
- Supersonic interceptor aircraft developed-then-halted in Canada in the 1950s, \_\_\_ Arrow
- Currency exchange fee
- Rehearsals: 2 wds.
- Prefix with 'cycle'

- Writer Mr. Milne's
- Donations
- Music direction, \_\_\_ segno
- Fragrance
- First-rate
- \_\_\_ highway
- Questionable
- Li'l mandarin-like fruit
- "I \_\_\_ the opinion that..."
- Dave \_\_\_ (1965 PGA Championship winner)
- Herr's wife
- Fathom
- Dr. Norman \_\_\_
- Quant \_\_\_ (For my part, in French)

- Hartford, \_\_\_
- Donations
- Gym workout unit, commonly
- Our version of NASA
- Encrypted: 2 wds.
- Birthday changer
- French composer Jacques
- Questionable
- Miss Doolittle of theatre
- Tom of "The Dukes of Hazzard"
- Frighten
- Bathroom = Salle de \_\_\_
- Stand up
- Ms. Stone of flicks
- Dictionary abbr.
- Couple
- Guy opposite
- Sales slip, shortly

## Yesterday's Crossword



## Sudoku

### How to play

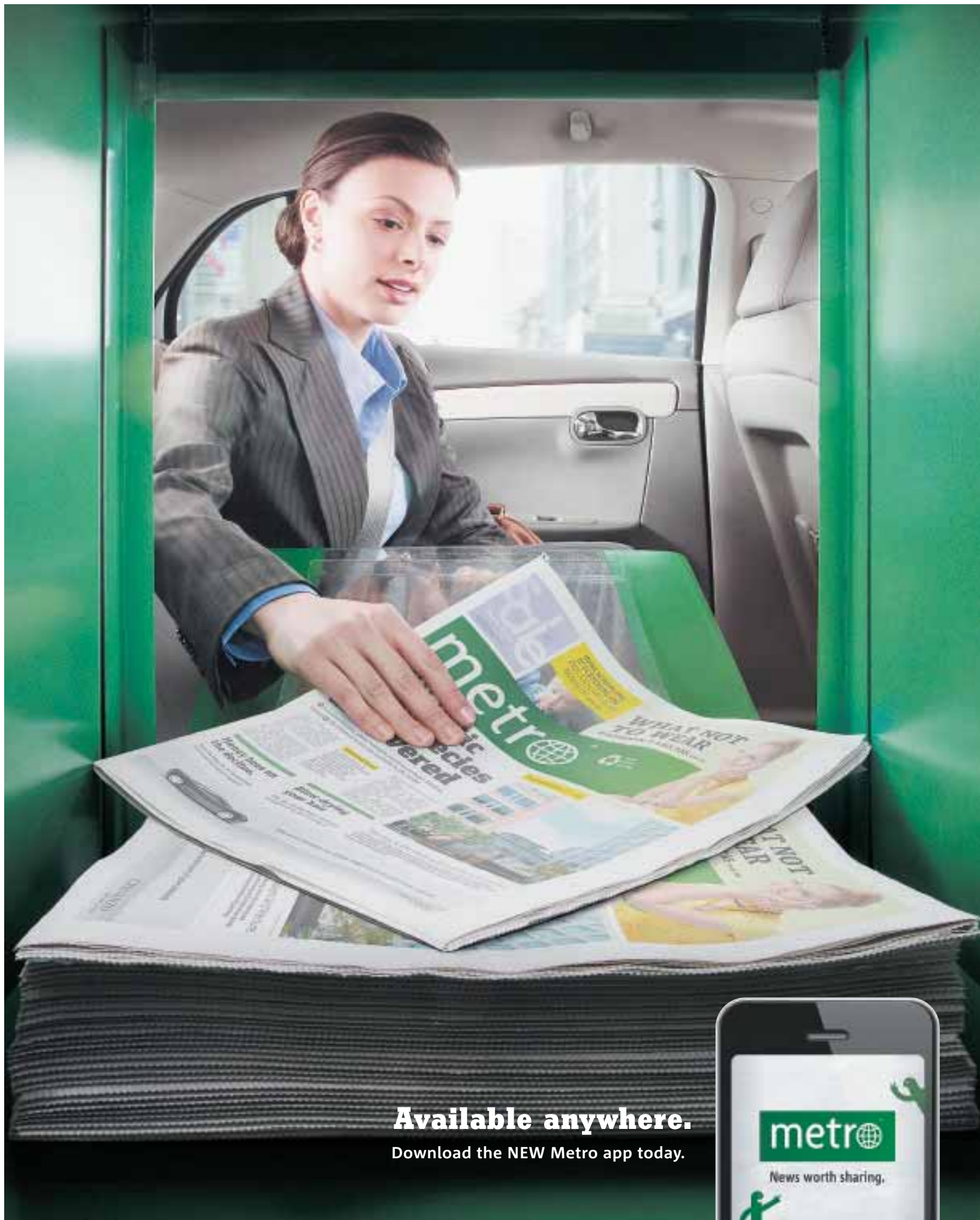
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



Read metro your money every Tuesday for financial tips, trends and advice.  
Only in Metro. News worth sharing.





**Available anywhere.**  
Download the NEW Metro app today.

